

THE TIMES DAILY MAGAZINE PAGE

Time, Best Family Doctor,
Alone Has Absolute Cure
Malady of Broken Heart

The Disease Has Four Stages—Attack, Crisis, Convalescence, and Recovery—Then Understanding and Sympathy Are Developed.

By WINIFRED BLACK.

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THE woman who had to leave her husband because he was such a brute that no woman could live with him and keep her self respect, told me about it the other day.

"I thought I'd never get over it," she said, "never in the world."

"Of course I knew that women had suffered before and that they would suffer again—but no one had ever had quite the same dreadful misery as I was enduring, and no one would ever feel it as I did."

"But now I've been watching other people, and I see that the thing is just like disease—it has its stages—the attack, the crisis, the convalescence, the recovery—I had every one of them, each in its season."

"At first I was crushed, humiliated, heartbroken."

"I cried—not tears, not sobs—but oceans. I cried all day and I woke up in the night to cry."

"Every nerve I had was so sensitive that my whole nature was just like a quivering harp; if a child spoke to me my heart trembled; if I heard music I had to leave the room; a perfume, a breeze, a faded flower, anything, everything, made me cry."

"I didn't want to get well, I wanted to suffer, I wanted to die. Every night I prayed that I would never awaken from my sleep. Oh, I understand suicide now."

The Second Stage.

"Just as all my friends had about given me up for a helpless fool, the second stage of the malady arrived."

"I was mad, furious—furious with myself, furious with the man, furious with the whole world. I wanted to hurt somebody, I wanted to make somebody suffer, I wanted to kill him and the other woman."

"No, not about that, not poison, something Oriental and lingering, so I could stand by and laugh hideously."

"I wrote him letters, bitter letters, sarcastic, furious letters, and then I tore them up."

"I sent him messages of denunciation, of scorn and contempt and then I wished I hadn't, for they were never strong enough or cruel enough or bitter enough to satisfy me."

"Then arrived the third stage of the attack."

"If I could only get rid of him, I thought, if I could only push him out of the same town, out of the same country, out of the same world."

ADVICE TO GIRLS

By Annie Laurie

Dear Annie Laurie: About two months ago I met a girl about my age. He started by calling on me two or three times a week and used to take me to the movies. One week ago he came to see me and we began teasing each other. When he left, he didn't seem to be angry or anything, but an engagement to take me out the following evening. He did not come, and I have not heard from him since.

I have lots of boy friends who come to see me every once in a while. None of them seem to go with me steadily, however, and my girl friends are beginning to call me "old maid." Do you think if I begin to act grown-up and serious I will succeed in keeping the friendship of the boys I meet?

Of course there is the possibility that you did offend the boy by your teasing, but if he didn't show it at the time I hardly know what to think. If you have written him an apology, though, there isn't much more you can do.

There is teasing and teasing, but my general experience has been that the one who is teased seldom relishes it. Anyway, it is hard to tell where one leaves off and seriousness begins.

Dear Miss A. Laurie: I have been going with a young lady of eighteen for the past nine months until two months ago when we had a quarrel. After thinking things over I find it was all my fault and now I see that I like her very much and I want to write to her but received no reply. What can I do? LONESOME.

Make a personal call, and it may be more convincing to the girl than the most apologetic letter. She will at least be sure that you are sincere about it. A letter is often the easiest way of disposing of an obligation, but you think I am embarrassing for you both, but feel

sure that it will make a more favorable impression than the letters.

Dear Annie Laurie—I have a few questions to ask, and I know that if I ask them direct through the paper the other person will know who wrote them. If I write the questions in an envelope addressed to you in a self-addressed envelope, will it be all right?

F. L.

Certainly, I am always glad to answer queries in this way. If you write a letter, a personal letter, a self-addressed, stamped envelope will assure an immediate reply.

Dear Annie Laurie—I am twenty-one years of age and have been keeping company for eight months with a young man who is a foreigner. He has asked me to be his wife and I am very much interested in the Philippines. I would gladly accept, but the majority of my friends and relatives are prejudiced against my doing so. The only reason being that he is a foreigner. WORRIED.

As far as going to the Philippines has anything to do with it, I am sure you will have delightful times out there. All army people who have been there speak most enthusiastically of it, and rather dislike to be ordered home. One reason why there is usually an objection to marrying people of a different race is that it is often difficult to overcome the variation in temperament. Both husband and wife don't know what to expect from each other, and this keeps them continually wondering what's going to happen next. However, this sort of thing has its advantages in that it scarcely lacks variety. I should say to you—marry the man if you love him.

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will think that in these columns, they should be addressed to her care. This office.

SEEN IN THE SHOPS

By the Shopper

THE new felt hats have apparently taken the feminine contingent by storm. No wonder, either, for they are becoming—and so cheap! Almost any rainbow hue can be matched, for the colors range from palest lavender through the gamut of pale pink, rose, light blue, blue-gray, fawn, bright blue, pale green, Kelly green, and white.

Some of these hats are distinctively nippy, others are uncompromisingly severe, and the prices are as low as 75 cents and soar as high—please do not smile—as \$2.50. Other plain hats for the early fall are of grosgrain in black or dark blue, with no trimming save deep stitches of wool or heavy silk about the outer brim.

Some up-to-date manufacturer has conceived the canny idea of making waists in the same sort of jersey or Italian silk that is used for sport coats. These are delightfully soft and dainty. As yet they have ap-

peared only in the darker colors. The price is \$2.50.

We are all familiar with the writing paper where the envelopes are lined with a color and the paper itself is of a different color. A new paper, selling at 50 cents a box, has the outer portion of the envelopes almost entirely of color, and all the interior white. An F street department store is selling this very attractive stationery.

The stores are fairly outdoing each other in having special sales of net dresses. Surely this charmingly girlish material deserves all the publicity it can get, for there are few things cooler for summer wear. One G street department store is having a \$5 sale that bids fair to be popular, and a Seventh street store has added chiffon roses and a few frills and sells its net dresses for \$5.

(Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address "The Shopper.")

FEMININE FOIBLES By Annette Bradshaw



MEN WANTED!

Kindergarten Adjustment to Grades

Tendency Seen to Regard Mental Over Chronological Age of Child—Period From Five to Eight Considered As Unit by Educators.

Summer School Letter No. 4.
Prepared by Bureau of Education.

GRADE teachers and kindergarten alike have recently become interested in the problem of adjustment between kindergarten and first grade.

The tendency to pass over the chronological ages of children in favor of their mental ages and to regard as one unit the period between five and eight years, is bringing about changes in belief and practice.

If the aim of the school, including the kindergarten, is in accordance with the best educational ideals, the kindergarten will definitely prepare for the first grade, because it will help the child to develop to the fullest at his present stage, and the next grade will continue to aid this developing individual. If the two grades are perfectly adjusted to the progress of the developing child, there need be no adoption of the usual first-grade language and number signs in the kindergarten, nor need there be an adoption in the first grade of the particular handwork materials which children desire for expression at the kindergarten age.

Relation of Grades.

That there is not this perfect adjustment between the kindergarten and the first grade is evident in many cases. It may be due to a misunderstanding of educational aims and methods or to the lack of ability to put ideals into practice. The burden of the criticism has fallen upon the kindergarten, partly because it is one of the later additions to the educational system, and partly because of the process of formulating its own ideas and practice; furthermore, it stands as a single grade in the school. The first grade, on the other hand, represents the ideas of the whole school, and its aims and practices have been quite definitely outlined for many years. The question of the relation of the two grades must be one of adjustment—adjustment to the particular ideas of kindergarten and primary teachers, but adjustment to the best growth of the developing child.

Adjustments Needed.

The adjustments suggested by school superintendents, supervisors, and grade teachers, in order of frequency, are as follows: For the kindergarten, more independence in handwork periods, more quietness during occupations and other table work, removal of age and sex so that a child may be placed in the class best suited to his development, limitation of kindergarten to one year, more attention to the use of English in conversation, introduction of reading and writing.

For the first-grade teacher, introduction of more hand work, greater freedom, movable chairs and tables, and use of circle for conversation and games, smaller classes, seat work more creative, not mere following of teacher's dictation, elimination of number work, except in actual problems.

The general opinion as reported in letters from superintendents, supervisors, and grade teachers and the Bureau of Education is that in the main the kindergarten is consciously aiming to give to the child a foundation of education which the primary teacher finds helpful in the next grade, but that desirable adjustment can be made on both sides to make the relation more effective for education.

Types of Plans.

The three types of plans now being tried throughout the country are: To arrange courses of study in elementary schools in such a way as to

take cognizance of the subject matter of the kindergarten "program" and interrelate it with that of the rest of the school.

To place the kindergarten and primary grades of a school system under the supervision of one person, and that person a trained kindergarten teacher.

To reorganize the training courses in normal schools so that the students shall be required to practice in primary grades as well as in the kindergarten.

The following publications of the Bureau of Education deal with this subject: Kindergarten problems. Documents will be sent free on application to the Commissioner of Education, unless otherwise specified.

Progress in Kindergarten Education. Reprint from the annual report of the Commissioner of Education, 1914.

Bulletin, 1914—No. 6, Kindergarten Statistics.

Bulletin, 1914—No. 28, Montessori and the Kindergarten.

Bulletin, 1914—No. 29, The Kindergarten in Benevolent Institutions.

Bulletin, 1915—No. 24, Adjustment Between Kindergarten and First Grade.

Kindergarten Letter—No. 2, Kindergarten in California.

Kindergarten Letter—No. 3, A Boston Experiment.

ODD FACTS

The twenty-six letters of the alphabet may be transposed in so many millions of ways that all the inhabitants of the globe could not in a thousand million years write out all the possible transpositions of the twenty-six letters, even supposing that each wrote forty pages daily, each page containing forty different transpositions.

Here is the entire list of wedding anniversaries: First anniversary, iron; fifth, wooden; tenth, tin; fifteenth, crystal; twentieth, china; twenty-fifth, silver; thirtieth, cotton; thirty-fifth, linen; fortieth, woolen; forty-fifth, silk; fiftieth, golden; seventy-fifth, diamond.

A great many persons firmly believe that ants do not sleep. This superstition arises from the fact that on midnight nights during the summer ants have often been seen at work about their nests. People of almost all nations have believed that ants lay up food for the winter. The alleged fact is mentioned many times in ancient and modern literature, and is directly stated in the Book of Proverbs. They do no such thing. During the winter they remain in a torpid or semi-torpid condition, reviving under the genial warmth of the spring sun.

The Garhwals, who, in company with the Gurkhas, are fighting with the allied forces, in France, are inveterate smokers, and have a peculiar means of their own of enjoying tobacco. One of their methods is to twist an oak leaf into a conical shape, fill it with tobacco,

and draw the smoke through their clasped hands. Another trick is to bore a horizontal hole under the surface of a bank, place the tobacco at one extremity, and with their hands clasped over the other inhale the smoke between their thumbs. This is probably the most primitive way of smoking known.

The nearest that any one ever came to fixing the date of the birth of Adam was when the English parliament by an act declared that October 23, 4004 B. C., was the date of the birth of the world. As Adam was created on the fifth day these law-making scientists of the seventeenth century decided that Adam's birthday fell upon October 23.

Soft-looking and delicate clouds foretell fine weather, with moderate breezes; hard-edged clouds, strong wind. A bright yellow sky at sunset also presages wind, while a pale yellow sky forecasts wet weather.

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Competitive Athletics May
Carry in Them Dangers
To the Growing Youth

By DR. LEONARD KEENE HIRSHBERG,

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THE schoolmaster abroad in the land is eternally at it to convince you that the heyday of all good things is the present time. You are told that "modern life is too strenuous," that the "civilization of today is too exciting," that "the rush and turmoil of the present day is responsible for neurasthenia, nervousness, indigestion, and corns," and that "we live in an age of competition."

None of this is more than partially true. None of it is original. The Assyrian inscriptions found in Babylonian, from 5,000 to 10,000 years old, contain these same pessimistic expressions, literally word for word.

As an actual test by comparison, competition in as bad as good today as it was 5,000 years ago—nay, 30,000. This is particularly true in athletics.

Great harm is done to boys and young men in schools and colleges, not by exercise and physical training, but by the muscular strain to the breaking point which competitive athletics cause.

Don'ts For Athletes.

Commonly left to themselves, boys and youths will exert their muscles actively in play usually short of the bursting point. It is the athletic coach and college mates who are responsible for the dilated hearts, broken wind, torn ligaments and muscles and lifelong invalidism which sometimes follows competition in muscular endeavors.

When advice and admonition are given to those of 14 or 15 to keep their muscles active it is not intended that glory or cups be won. If there happens to be present others stronger, more agile or better fitted by nature or training to aspire to supreme athletic honors, be a good sportsman and accept the competition, offer unstintingly of your muscles to the victor, and never allow a young boy to play base-

Prepare With Care.

A month is not too long a time for the preliminary "hardening" exercises which bring a man up to his expected strength.

At first a warm shower is preferable to the cold tank bath. This opens the pores and alleviates soreness. Simultaneously it dissolves the simple desiccated food which the water cannot do. By all means the liberal wash with soap and rub yourself down after play. You may massage yourself. It is better than to call upon some one else.

The old fallacy of the "Fantulus-like diet" when training was lately discarded in detail. Suffice it now to repeat that the flesh-makers—steaks, chops, roasts, and eggs, all inflexible, and well chewed—mixed with well prepared fresh vegetables and milk and proper bread stuff suffice for any one in training.

Oils, fats and pastries are better taboo. They are not easily mastered by a stomach with its activities bent upon muscular tasks. Simple desserts, however, such as fresh fruits and custards are desirable.

Avoidance of water, tea, and coffee at meal times, as well as of fluids when at practice or overworked will save your wind.

Excesses, even in eating, work much mischief in regular exercise. The shunning of all stimulants, tobacco, alcohol and other measures of excitement require no special display of philosophy if you would make your muscles firm and efficient.

Answers To Health Questions

M. H. D.—Is there any way by which I can change the color of my eyes? 2. I think I am very dark, but I am a blonde. What will make my skin lighter? 3. Is there any way by which I can reduce the size of my nose? 4. My hair is light, but turning dark. What will restore it to its natural color?

The color of the eyes cannot be changed but by wearing ribbons, and dresses of the desired color, the eyes will appear to bring that color to a certain extent. Blue dresses make the eyes reflect blue, brown gowns make the eyes reflect brown. 2. You are not a blonde, if your skin, as you state, is dark, you mean your hair is blonde. Just after a wash or bath and while still wet, dry the face with this: Fine almond meal, four ounces; finely powdered borax, six drams; finely powdered orris root, two ounces; finely powdered pumice stone, six drams; oil of bitter almonds, three drops; oil of ylang ylang, three drops. 3. Only a nose surgeon can do this. 4. Salt water bathing, sea-bath light and borax water will help keep blonde hair light.

of something which will make my skin peel? I have very bad skin. 2. I am greatly bothered with blackheads. What do you advise?

1. Salicylic acid used in the form of a plaster mull is a very good remedy for freckles, if that is what you mean. Most so-called freckle cures, however, contain mercury and may cause serious internal trouble, if employed. In any case, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies, because more harm may be done than benefit. Use plain boracic acid powder twice a day on the face. 2. Your blackheads, if employed, if you avoid greasy and hot foods, pastries, candies, sweets, starches, and sour things, scummings, hot dishes, soup and liquors. Do not use hot water or soap on your face, but cleanse it with a good peroxide cream and ice-cold water. At night rub in with the following: Benzoinated lard, 1 ounce with rose sulphur, 1 dram; glycerine, 1 dram. Take three drops of Fowler's arsenic solution three times a day.

PERSONAL ADVICE.

Readers desiring a personal reply should remember:

1. To address inquiries to Dr. L. K. Hirschberg, care of The Washington Times.
2. To enclose a stamped and addressed envelope.

L. A. S.—Will you give me the name

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